



EMbody

by Lo

WEEK 3: JOURNAL PROMPT

Using the steps from Module 3-
deconstruct your current reality to get
to the root of the biggest challenging
you are facing now.

This Week's Reminders:

- Use the guided breath work and meditation to practice observing your thoughts.
- Find 1 thing that you like about your body; and say it out loud daily.
- Use the visualization audio to release limiting beliefs.